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Concl'd*
14. (new) A method according to claim 13 wherein D-tagatose is administered orally.
  15. (new) A method according to claim 13 wherein the daily amount is 5-15 grams.
  16. (new) A method according to claim 14 wherein D-tagatose is administered orally in a food product.
  17. (new) A method according to claim 16 wherein the food product is selected from a confectionery, chewing gum, ice cream, dessert, soft drink, breakfast cereal, yogurt, health drink and health bar.
  18. (new) A method for selectively stimulating growth of lactobacilli and lactic acid bacteria in the colon of a human in need thereof comprising administering D-tagatose to a human in a daily amount of 5-30 grams to selectively stimulate growth of lactobacilli and lactic bacteria in the colon.
  19. (new) A method according to claim 18 wherein D-tagatose is administered orally.
  20. (new) A method according to claim 18 wherein the daily amount is 5-15 grams.
  21. (new) A method according to claim 19 wherein D-tagatose is administered orally in a food product.
  22. (new) A method according to claim 21 wherein the food product is selected from a confectionery, chewing gum, ice cream, dessert, soft drink, breakfast cereal, yogurt, health drink and health bar.

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